

Extra Sporting Page

THE TRAINER'S CORNER

A Column of Comment on Sporting and Athletic Men and Events, Physical Culture, Exercise, Health Measures and Body Building.

(By Mac Levy of Babylon.)

(MacLevy, the famous Long Island "health farmer," has been engaged for sixteen years in the training of athletes and the building up of run-down people, and is a recognized authority on all subjects connected with athletics, physical culture, and scientific exercise.)

In the recent Empress of Ireland disaster a little girl who had been taught to swim was able to support herself on the water until help arrived, while scores of strong men, who had neglected to master the art of swimming, went down to death.

There is a lesson in this incident which should result in a wide revival of interest in swimming.

The difficulties in the way of learning to swim are mainly psychological. To master the art, as least one of the points where one may remain in the water a considerable length of time without danger of drowning, is about the easiest thing in the world for the person of ordinary physical strength. It is a fear of the water that makes it difficult.

Evolutionists hold that our ancestors were once fish. Whether or not this is true, there are millions of people to take to the water as naturally as we breathe air. In the Hawaiian and South Sea Islands the children learn to swim almost as soon as they are able to walk. They need no instruction, but go into the water, paddle around a few minutes, and then they are O.K. In these countries, where so many people spend a large proportion of the time in the water, death by drowning is practically unknown.

American and European youngsters are apparently somewhat further removed from their fish-like ancestors, but with a little instruction most of them can be taught to swim in a few lessons.

You remember the advice given by the mother to her daughter, who had asked for permission to go out to swim—"Yes, my darling, daren't hang your clothes on a hickory limb, but don't go near the water."

There are two extremes to be avoided by those who set about the task of learning to swim. One is to be pressed by the desire of caution on the part of a fond mother, and the other extreme is, of course, a too great disregard for the part of the novice. Many boys of his reason and intellect, but usually his mentality isn't much in evidence when he makes his first unaided attempt to swim. He may have been taught all the movements and strokes, and theoretically be an expert swimmer, but in the moment of need all his knowledge deserts him, and he founders helplessly.

It is this fear of the water that makes it desirable that those who are trying to learn to swim should enlist the assistance of an expert instructor who will inspire them with confidence.

Those whose muscles and lungs are undeveloped should do a few weeks in gymnastic exercises and deep breathing drills before taking to the water. Thus fortified, they will be far better prepared to master swimming with neatness and dispatch.

Considered as a sport swimming is excellent, and as a beautiful form of exercise it has few superiors. It comes about as near to the form of physical activity to bringing all the muscles of the body into play.

One branch of swimming that is often neglected, even by those proficient in the art, is swimming on the back. It is not only highly desirable as helping to bring unused muscles into activity, but its utility is often greater than the more usual swimming methods.

Those who have an ambition to shine as long distance swimmers, or who go into the water to show off, by all means learn to swim on the back. When exhausted, or attacked by cramps, the ability to turn over and rest comfortably on the back may often be the means of saving life.

As a matter of fact, it is easier for most people to learn to swim on the back than with the face downward, for they have the assistance of an instructor or of a friend who knows how to swim. The reason for this is that in back swimming the mouth and nose are always above the surface of the water, learning to breathe properly is the most difficult part of mastering the breast stroke, and the novice usually finds his head and mouth under the surface very early in the attempt, and this often arouses in him a frenzy of fear.

One may begin to learn the back stroke while stretched safely on a bed or couch, or on the floor. Lie flat on the back, with the arms parallel to each other, stretched back above the head, and the hands touching each other, fingers closed and palm upward, while the legs, close together, are also extended fully, with toes pointing downward. Having assumed this position, you are ready to start the stroke. First turn the palms of the hands outward, so that the backs of the hands touch each other. Bring them downward, even with the body, in a wide curve to the legs. Keep the arms straight and do not crook the elbow. As the hands touch the higher the legs, the legs have been left straight, get into action. With heels together, bend the knees outward and upward, and then kick out smartly with the feet wide apart. As the concluding leg movement, bring the legs quickly together. Simultaneously with the leg stroke the hands, backs up, are brought back in a wide sweep to the arms to the starting point. Hands and legs should reach the original position at exactly the same time.

When you go to the water, the best plan is to begin by learning to float on the back. Have the teacher or companion hold you at first. Let this assistance be gradually withdrawn, and you will soon discover much to your surprise, that water is much heavier than you thought, and quite capable of supporting you if you will give it a chance.

As lack of confidence is the principal obstacle in learning to swim, it is best to choose a place where the water is not much above the waist. Draw a deep breath as you bend backward slowly. Hold your breath as you let go your foothold and bring

your legs outward on a level with your body. When you are balanced on your companion's hands, breathe naturally. Be calm and collected, and you will quickly learn to float. Then you may begin the back stroke, with an easy, easy motion. When you have gained confidence in your ability to stay above the water, you may begin to make some progress in the direction of real swimming. In performing the movements, previously described, in the water, bring the arms around just under the surface. As the hands reach the thighs after the downward arm stroke let the body go forward before beginning the leg movement. As you drive with the legs, permit the arms to trail above the head until the momentum from the leg movement is lost. Whatever method you choose, learn to swim. It may save you from death by drowning, and as a healthful exercise, it is likely to add to your years, as well as providing excellent sport.

BOXING NOTES

Young Ahern, who was known around New York state a couple of years ago as the "dancing master," has been meeting with tremendous success in England and France—not only among the welterweights, but among the middleweights as well. It is a curious fact that Ahern is a native of England and under the rules of the London Sporting Club he is eligible to enter for the Lonsdale belts. He has taken on weight since leaving the States and is now able to fight in the middleweight division very comfortably. Dan McKetrick, manager of Ahern, has come out with a rather startling challenge which has set the Britishers all agog. McKetrick has issued a challenge to the effect that he will back Ahern against any middleweight in England for \$2,500 a side, and if the middleweights are any about accepting the same, he will put up a side bet of \$2,500 against any light heavyweight in Great Britain. Not only that, but he has offered to match Ahern again Bombardier Wells at any old weight, which shows that little Daniel has every confidence in his "dancing master."

It is evident that Ahern is going great guns just now and if he keeps on he will have a chance to bid for the middleweight championship when he gets back here, meeting such stars as Jimmy Clabby, Eddie McGorty, Jeff Smith and Jack Dillon, not forgetting Michael Gibbons.

The boxing game was given a big boost when the committee of the International Athletic Association voted to have boxing included in the 1916 Olympic games at Berlin. Efforts were made to prevent boxing being included in the program, but the committee, after giving it every consideration, decided that boxing was entitled to space, and as a result there will be all kinds of amateur boxing events at the games in Berlin in 1916. There is no reason why boxing should be barred from these games, for it is certainly one of the oldest of athletic sports and dates back to the time of the Romans. There are many high class amateur boxers in Europe, especially in England, and most of them are very well known. It is certain that the United States will send a large delegation of amateurs to compete in the tournament to be held in Berlin, and it is little doubt but that Australia will follow suit. France has taken such a great interest in the fighting game the past few years that they will no doubt have a full entry from the amateur ranks, and the same can be said of England, so that all in all there should be some very interesting contests as a result.

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Militants Will Win After Last Inch of Suffering

By GEORGE BERNARD SHAW, English Playwright

AS WE HAVE NEITHER CONVICTION ENOUGH TO DARE TO STARVE THE MILITANTS TO DEATH NOR COMMON SENSE ENOUGH TO PLEDGE OURSELVES TO THE INEVITABLE REFORM, THERE IS NOTHING TO BE DONE BUT WAIT UNTIL THE WOMEN PROVOKE A MOB TO LYNCH THEM AND THE GOVERNMENT HANGS A SATISFACTORY NUMBER OF THE MOB IN EXPIATION.

Then the women will get their votes after the LAST INCH OF MISCHIEF AND SUFFERING, has been squeezed out of a situation which several civilized and reasonable countries already have disposed of without the slightest trouble. THAT IS ENGLAND ALL OVER.

NATIONAL LEAGUE

YESTERDAY'S RESULTS.

New York, 3; Brooklyn, 1.
Philadelphia, 5; Boston, 4 (1st).
Boston, 4; Philadelphia, 2 (2d).
St. Louis, 1; Pittsburgh, 0.
Chicago, 5; Cincinnati, 1.

STANDING OF THE CLUBS.

Club	Won.	Lost.	P.C.
New York	37	23	.617
Chicago	35	31	.530
Cincinnati	33	32	.508
St. Louis	34	34	.500
Pittsburgh	30	31	.492
Philadelphia	28	31	.475
Brooklyn	27	32	.450
Boston	26	35	.426

GAMES TODAY.

Brooklyn in New York.
Philadelphia in Boston (3).
Pittsburgh in St. Louis.
Cincinnati in Chicago.

AMERICAN LEAGUE

YESTERDAY'S RESULTS.

Washington, 2; New York, 1.
Cleveland, 3; St. Louis, 3 (1st).
St. Louis, 5; Cleveland, 0 (2d).
Boston, 5; Philadelphia, 2.
Detroit, 8; Chicago, 1.

STANDING OF THE CLUBS.

Club	Won.	Lost.	P.C.
Philadelphia	39	28	.580
Detroit	38	31	.554
Washington	35	30	.538
St. Louis	37	32	.536
Boston	35	32	.522
Chicago	34	33	.507
Cleveland	42	34	.554
New York	23	50	.361

GAMES TODAY.

New York in Washington.
St. Louis in Cleveland.
Boston in Philadelphia.
Chicago in Detroit.

International League

YESTERDAY'S RESULTS.

Providence, 9; Newark, 3.
Toronto, 1; Rochester, 0.

STANDING OF THE CLUBS.

Club	Won.	Lost.	P.C.
Baltimore	45	22	.672
Bohemia	38	25	.594
Buffalo	36	29	.554
Providence	36	29	.554
Toronto	31	31	.500
Newark	27	34	.443
Pittsburgh	22	43	.338
Montreal	22	43	.338

GAMES TODAY.

Baltimore in Jersey City.
Providence in Newark.
Buffalo in Montreal (2).
Rochester in Toronto (2).

FEDERAL LEAGUE

YESTERDAY'S RESULTS.

No games were scheduled.

STANDING OF THE CLUBS.

Club	Won.	Lost.	P.C.
Indianapolis	26	25	.509
Chicago	26	25	.511
Buffalo	25	31	.448
Baltimore	23	27	.459
Kansas City	21	35	.375
Brooklyn	25	32	.438
Pittsburgh	25	33	.431
St. Louis	25	40	.384

GAMES TODAY.

Buffalo in Brooklyn.
Baltimore in Pittsburgh.
St. Louis in Kansas City.
Chicago in Indianapolis.

EASTERN ASSOCIATION

YESTERDAY'S RESULTS.

At Hartford—R. H. E.
Hartford 7 9 6
New Haven 9 11 4
Batteries—Rieger, Salmon and McDermott; Smith, Jensen and Angermeyer.
At Springfield—R. H. E.
New London 18 17 1
Springfield 1 6 5
Batteries—Powers and Hildebrand; More, Daniels and Pratt and Phillips.
At New Britain—R. H. E.
New Britain 5 9 3
Bridgeport 10 12 3
Batteries—Wilson and Toland; Walsh and Crook.
At Waterbury—R. H. E.
Pittsfield 5 11 2
Waterbury 14 3 3
Batteries—Rettig and Thrie; McLean, Frost and Fohl and Wandell.

STANDING OF THE CLUBS.

Club	Won.	Lost.	P.C.
New London	32	17	.653
Waterbury	30	21	.588
Bridgeport	29	22	.569
Hartford	26	24	.520
Springfield	27	25	.510
New Haven	24	25	.490
Pittsfield	21	27	.438
New Britain	12	40	.231

GAMES TODAY.

Bridgeport in New Britain.
Waterbury in New Haven.
Pittsfield in Hartford.
New London in Springfield (2).

Conductors' Punches Are Registered. "The passenger on a railroad train when he has his ticket punched probably does not know that the punch mark used by the conductor is one of 17,000 different designs," remarked Frank E. Brown, an old time railroad man. "On the big railroads there are no two punches that have marks designed alike, and the interstate commerce commission by examining the punch mark can trace the ticket punched to the conductor, train and road upon which the ticket was given. To get a punch a conductor has to sign seven papers before it is delivered to him. There used to be an old couple, Mark Train wrote it, which ran: Punch, punch, punch with care, Punch in the presence of the passenger. In the old days the railroads—that was before the days of the interstate commerce commission—didn't care what kind of punches their employees used, but today it is different. Every punch is registered, and every mark is different."—Washington Post.

Five Beds.

In fall, winter and spring, when the nights are very cold on the desert, prospectors, adventurers and all others who have occasion to sleep in the open find the "five bed" a feature of outdoor craft which will enable them to sleep in comfort on a cold night. To make a five bed a trench is dug in the sand six or seven inches in depth, about three feet wide and six feet long. The sides of this pit are banked up with the sand taken from the trench. The pit is then ready for the five, which is built extending the full length of the pit, so that it will warm both the banked sand at the sides and the bottom of the pit. When the sand has been sufficiently heated the large, blazing sticks are thrown out, leaving all of the live coals in the pit; these are covered with about four inches of sand. This bed will retain the heat all night, and all that is left to be done is for the sleeper to lie down and wrap himself in a blanket, if he has one, and go to sleep in comfort—Independent.

The Wear in Furs.

The durability of furs varies enormously and has little relation to price. For example, ermine and chinchilla, both of which fall in the rare fur class, stand respectively at twenty-five and fifteen in a table where skunk is seventy and beaver ninety. In this table sea otter, with its water hairs, is taken at a hundred. Here is the list in full: Sea otter 100 Muskrat 33 Beaver 90 Gray lamb 20 Seal 75 Nutria 27 Mink 70 Ermine 25 Skunk 70 Lynx 25 Persian lamb 65 Squirrel 15 Baun marten 65 Chinchilla 15 Blue marten 15 Fox, black, silver 10 Stone marten 40 Mole skin 7 Coon skin 5 The durability of furs is reduced by artificial coloring. The beaver marten, which in a natural state stands at sixty-five in the table, is only forty-five after tinting.—London Times.

Restoring Craps.

To restore a craps vell place a folded sheet on a table and to it pin the vell carefully and straight; do not stretch it a particle. Dissolve one teaspoonful of granulated sugar in one pint of boiling water; wet a clean cloth with this and lay it lightly on the craps. Have an iron very hot; go over the wet cloth as though ironing it, but do not let the iron touch it; continue until the cloth is nearly dry. Then wet the cloth again and continue the same process until the entire vell has been gone over. The craps will be full of deep crinkles and as crisp as new, no matter how old and flat it was when you began. Small pieces of craps for trimming can be renewed in the same way. The craps should be shaken and brushed to remove all traces of dust before starting the restoring process.—New York Sun.

Not Time in a Mile.

A Washington horseman tells of an overzealous rider and a particularly conscientious owner at a recent meet at Falmouth. The owner had issued full orders as to the way a horse was to be ridden in a certain race. The jockey was a diminutive dandy. The original orders were supplemented by provisions for all manner of emergencies, all of which somewhat bewildered the jockey.

"See heah, boss," he finally said, "dis heah race is only one mile. I can't do all them things you tell in jest one mile."—Exchange.

Games.

Games are not meant for idle people who have nothing to do but study them. Their true use is as a relaxation for the man who is doing some serious work in the world and is doing it hard enough to make games the occupation of a holiday and not of his best strength and time.—Filsen Young.

Scientific Salesmanship.

"Pa, what is scientific salesmanship?" Selling a dress suit to a man who went into the store to buy a celluloid collar.—Detroit Free Press.

Matrimonial.

"A bride never seems able to pick a winner."
"What makes you say that?"
"Well, she never gets the best man."—Baltimore American.

All That's Left.

Mrs. Goodsole (feeding tramp)—You seem to have a good appetite. Hungry Higgins—Ah, mum, dat's all I have left in de world dat I kin rightly call me own.—Exchange.

To a well deserving man God will show favor; to an ill deserving he will be simply just.—Plautus.

When a Mule Begins to Bite.

When a mule begins to bite it is a sure sign that he has rheumatism in his hind legs and can't use them.—New Orleans Picayune.

One Consolation.

First Photographer—You were rejected yesterday, weren't you? Second Ditto—Yes, but I got a clear negative.—Columbia Jester.

Art thou anvil, be patient; art thou hammer, strike hard.—German proverb.

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By Former Vice President CHARLES W. FAIRBANKS

THE BALLOT IN THE HANDS OF WOMAN HAS NOT BEEN A FREEDOM, BUT A STEADY, WHOLESOME INFLUENCE. BY WHAT DIVINE PATENT DO MEN MONOPOLIZE POLITICAL POWER? THE RIGHT OF WOMEN TO VOTE HAS BEEN CONFERRED IN MANY STATES. THE EXPERIMENT HAS NOT PROVED DISASTROUS. THERE WERE PROPHECIES OF EVIL WHEN IT WAS ATTEMPTED, BUT THE RAFTERS OF THE REPUBLIC HAVE NOT FALLEN. CHAOS HAS NOT COME. ON THE CONTRARY, ORDERLY PROGRESS HAS BEEN MAINTAINED.

We should heed past experience, avoiding the errors committed in our immaturity. No thoughtful person fails to realize that we shall need the combined wisdom of both men and women in meeting the many problems which shall confront us from time to time in our social and political affairs.

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